



# DHAMMA SCHOOL

## GRADE 2



## **The National Anthem of Sri Lanka**

Sri Lanka Matha

Apa Sri Lanka Namō Namō Namō Namō Matha

Sundara siri barinee, surendi athi sobamana Lanka

Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya

Apa hata sepa siri setha sadana jeevanaye matha

Piliganu mena apa bhakthi pooja

Namō Namō Matha

Apa Sri Lanka Namō Namō Namō Namō Matha

Oba we apa vidya - Obamaya apa sathya

Oba we apa shakthi - Apa hada thula bhakthi

Oba apa aloke - Apage anuprane

Oba apa jeevana we - Apa mukthiya oba we

Nava jeevana demine, nithina apa pubudukaran matha

Gnana veerya vadawamina regena yanu mana jaya bhoomi kara

Eka mavakage daru kela bevina

Yamu yamu vee nopama

Prema vada sema bheda durerada Namō Namō Matha

Apa Sri Lanka Namō Namō Namō Namō Matha

**Composed by Ananda Samarakoon**

## **The Dhamma School Song**

Sambudu himige sadaham sisilen

senchena apa sirilak daruvo //

Daham pasale sevanehi vedemin

udāra guna dam sita deruvo //

Pas pav – dasa akusal duralā

isi – ko – man hema binda heralā

meth – karunā muditādi muni guna

sapurā piliveth maga sarasā //

Somi uvanin dutu dutuvan pinavana

piya tepulin esu esuvan sanahana

hada betiyen niti – teruvan namadina

udāra guna dam sita deruvo

api vemu sirilaka bodu daruvo //

**Composed by Somapala Rajakaruna**

# LESSON 01

## OUR DHAMMA SCHOOL

We get up early,  
pick flowers into a basket,  
worship our parents, and then  
to the Dhamma School we go.



It is beautiful everywhere,  
very good and clean.  
We remove our footwear, and  
happy in mind, we enter.



With flowers in hands, we line up  
and Sadhu! Sadhu!! Sadhu!!! We say.  
We sing in praise of the Triple Gem,  
and to the Great Sage  
sweet smelling flowers we offer.



## LESSON 02

### We Go to the Triple Gem for Refuge

“Buddhaṃ saraṇaṃ gacchāmi”,  
May my homage to the Buddha be!  
Always to the Buddha I go  
seeking refuge for me.



“Dhammaṃ saraṇaṃ gacchāmi,”  
May my homage to the Dhamma be!  
Always to the Dhamma I go  
seeking refuge for me.



“Sanghaṃ saraṇaṃ gacchāmi”,  
May my homage to the Sangha be!  
Always to the Sangha I go  
seeking refuge for me.



## LESSON 03

### The Birth of the Bodhisatta

It was a Vesak Full moon day  
All over the Lumbini Park  
the Sala trees were in full bloom.  
The park was beautiful,  
and a fragrant smell blew.  
In that beautiful park  
the Bodhisatta was born.  
The birth of the Bodhisatta is marvelous.

#### *Exercise :*

The prince walked seven steps  
placing on seven lotuses his feet.  
Wild flowers were in full bloom  
making the world smell very sweet.  
With the sound of "Sadhu" all - round  
the whole world rejoiced.  
A limitless feeling of happiness  
one and all enjoyed.



## LESSON 04

### The Attainment of Buddhahood

On a Vesak **F**ull moon day,  
in the moonlight,  
Buddhagaya shone very bright.  
The Bodhisatta Siddhattha  
the Buddha - to - be  
attained the noble Buddhahood  
under the shade of the Sacred Bodhi tree.



Happy, indeed, is the birth of a Buddha.



## LESSON 05

### The Attainment of Parinibbana



The Vesak full moon  
was gradually setting.  
The Buddha attained  
Parinibbana in the Royal Park of Malla Kings.  
The whole world was Shaken with grief.

#### *Exercise:*

On the Vesak day, in the Sala grove the Prince was born.	One the Vesak day, under the shade of the Bodhi-tree he attained Buddhahood.	On the Vesak day in the shady Sala grove he attained Parinibbana.
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## LESSON 06

### We are Buddhist Children who look after Parents

Once upon a time in the city of Benares  
there was a prince named Sama.  
He dearly loved his mother and father.

The parents also in return  
loved him much.

Prince Sama loved animals also,  
deer, rabbits,  
parrots, mynahs, squirrels  
were friends of Prince Sama.



Once, Prince Sama,  
With his friends,  
Went to the river  
to fetch water.

At that time the King Benares  
had come on deer-hunting  
The king shot a deer with an arrow  
Alas !  
That arrow struck Prince Sama.





Prince Sama fell on the ground unconscious.  
The animal friends of the Prince felt very sad.  
The king, who came to know about Prince Sama,  
also felt very sad.

Prince Sama's parents, too,  
came to know about the incident.

“ Our son never does any evil deed.  
Therefore, May our son be well !  
May our son be well !!  
May our son be well !!!

The mother and father  
wished him well.  
Soon Prince Sama regained  
consciousness



*Exercise:*

Like the good Prince Sama  
good Buddhist children we shall be ;  
Caring well our parents ever  
and in Buddhist practices failing never.

## LESSON 07

### The Three Friends

Three animals lived in a forest.  
They were the elephant, the monkey and the quail.  
They were good friends.



Seated under a huge banyan tree  
the three friends discussed  
“Among the three of us  
who is the oldest?”

The elephant said :  
“When I was small,  
I walked about here.  
The top-most tender leaf of this  
banyan tree was just high  
enough to touch my belly.  
This was such a small plant then”

The monkey was the next to speak :  
“I have known this tree  
when it was smaller than that.  
When, I was small I used to sit  
on the ground here, and while  
sitting, I ate its top-most tender leaf.  
This shows that, I am older to our  
elephant friend.”

The quail said thus :

“Far away from here there was a large banyan tree,  
just like this one.

I ate one of its fruits and  
dropped some dung here.  
This tree grew from that.”

The elephant and the monkey said then

“ O dear friend quail,  
you are older to both of us.  
Though you are small in size,  
both of us respect you”



“We shall also respect our elders”

*Exercise :*

My country, where live children like me  
who treat the elders well  
and honour those deserving honour,  
will always shine and prosperous be.



## LESSON 08

### We shall Unite and Win

Long ago  
there lived a quail - hunter.  
One day, he laid the net  
to catch quails.  
The quails got caught in the net.  
Then these quails got together,  
and flew away carrying the net.

On another day  
the quails got caught  
in the quail - hunter's net.

On that day  
these quails quarreled  
among themselves.  
None of them carried the net  
The quail - hunter  
caught all the quails.

#### *Exercise:*

“Unity is strength.  
Making all happy.  
Disunity is suffering.  
bringing harm to all.”



## LESSON 09

### The Little Monk Sopaka

He was a little child,  
fatherless and helpless.  
He had been left in a cemetery  
without his mother's knowledge.  
His name was "Sopaka."

It was night  
Sopaka felt very frightened  
"Isn't there anyone to save me"  
saying so, Sopaka cried.

The Buddha  
spoke to sopaka  
"Sopaka, come near me,  
I will help you."

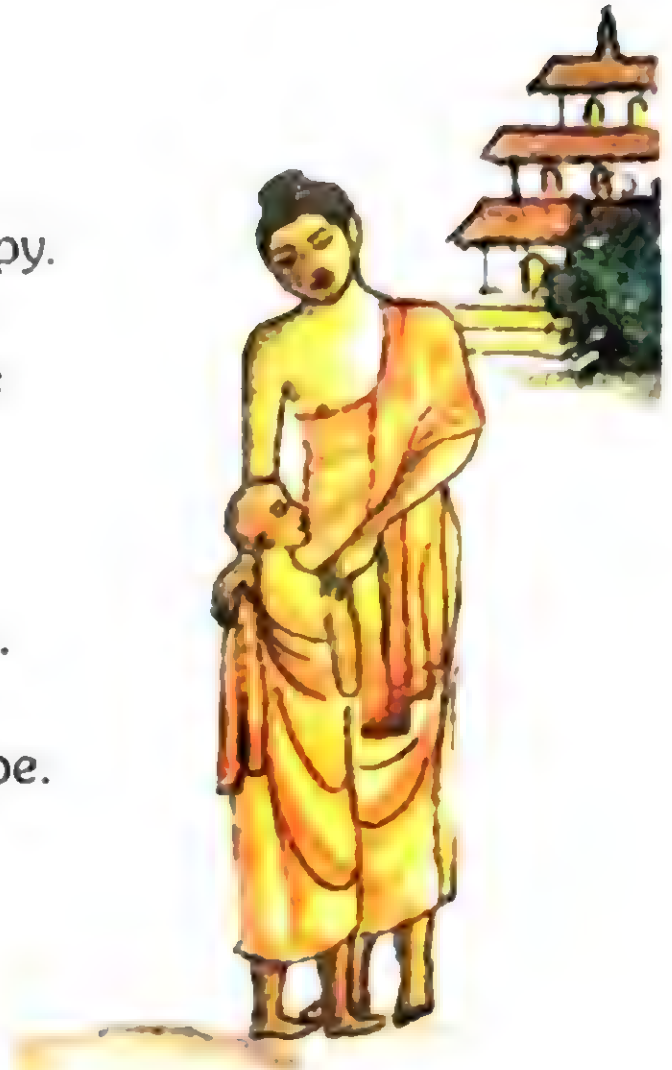
Sopaka's fear vanished  
Happily,  
he went near the Buddha.



The Buddha  
helped the hapless Sopaka ;  
taught him the Dhamma and  
willingly Sopaka became a monk.  
Sopaka's mother also felt very happy.

The Buddha is very compassionate  
to children.

Saying "Sadhu" I worship  
the Buddha who is compassionate.  
I treat well the helpless,  
and a good Buddhist child I shall be.





## LESSON 10

### The Little Monk Rahula



"There, my son, look"  
"A pleasant monk he is.  
isn't he,  
mother?"

"Yes, son, He is your father,  
The Buddha.  
Go, my son,  
talk to him"

Prince Rahula ran and  
held a finger of the  
Buddha's hand.  
Talking of innocent,  
pleasant things,  
he went to the monastery  
with the Buddha.  
There he became a monk.  
He was very obedient.



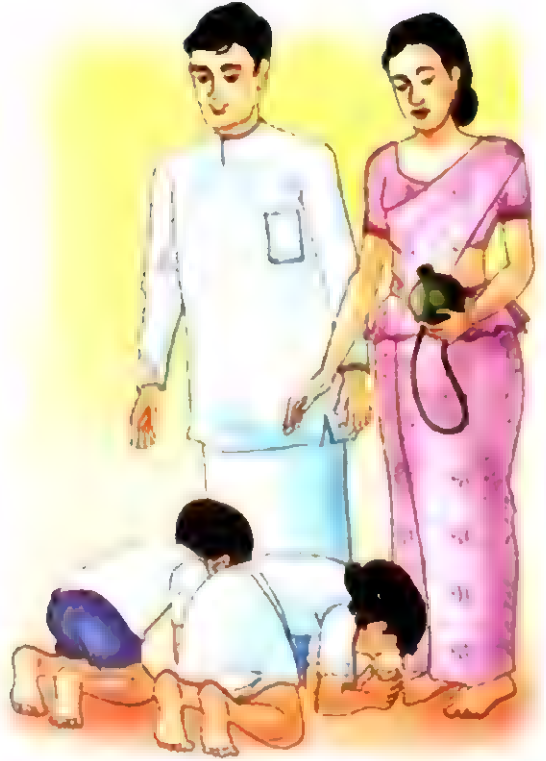
This little monk Rahula, while  
walking in the temple yard  
used to take a handful of sand,  
in the morning.  
Then he used to throw  
it up, wishing :  
"May I today receive advice  
as much as the grains of sand in it !"

## LESSON 11

### We Worship Our Parents

“Dasamase ure katva  
posesi Vuddhikāraṇāṃ  
ayu ḍiḡhaṃ vassasatāṃ  
matupadaṃ namāmahāṃ.”

“Vuddhikaro alingitva  
cumbitva piya puttakāṃ  
rajamajjhaṃ supatiṭṭhaṃ  
pitupadaṃ namamahāṃ.”



## LESSON 12

### Vihara Maha Devi

Once, long time ago,  
the sea flooded into  
our country, and  
the country got nearly destroyed.

Princess Devi heard that the country  
could be saved if  
she was sacrificed to the sea.  
This Princess Devi was  
the daughter of King Kelanitissa.

The Princess fearlessly  
embarked on a ship and  
went floating in the sea.  
A few days later the ship landed  
in the sea coast off the south.



King Kavantissa  
heard this news.  
He liked the bravery  
of Princess Devi and  
made her his chief queen.

Prince Gemunu and  
Prince Tissa  
were her two sons.

These two were two  
of the best  
Kings of our country.





## LESSON 13

### We shall Maintain Cleanliness



We shall rise up early,  
brush our teeth  
and wash the face well.  
Then combing the hair,  
we get ready.  
We shall get use to such  
good habits.

We shall clean our homes,  
keep, in proper places, all books,  
and never throw dirt and rubbish here and there.  
Doing So, we shall learn to be clean.



## LESSON 14

### We shall sit for Meditation

All children in our class got  
ready to meditate.

All of them sat without making their bodies touch each other.

The boys sat cross-legged  
the girls sat bending their legs backwards.

All kept their heads erect.

All kept their bodies erect.

They closed their eyes.

For a while  
they sat silently,  
as the teacher  
asked them to be



## LESSON 15

### We shall Meditate

May I be happy!  
May I be healthy!  
May I be well!

May my mother be happy!  
May my mother be healthy!  
May my mother be well!

May my father be happy!  
May my father be healthy!  
May my father be well!

May all beings be happy!  
May all beings be healthy!  
May all beings be well!

#### *Exercise :*

May suffering cease!  
May all fear disappear!  
May all sorrow get destroyed!





## LESSON 16

### We Shall Worship and Honour the Sacred Stupa

Dear son, Dear daughter,  
Today, we shall worship the sacred stupa",  
The teacher said.

We washed our hands clean,  
arranged beautifully the flower-trays,  
and with one flower sprinkled  
water on the other flowers.

We took flower-trays with both our hands.  
Sadhu! Sādhuh!! Sādhuh!!!  
In procession we went to the stupa courtyard.

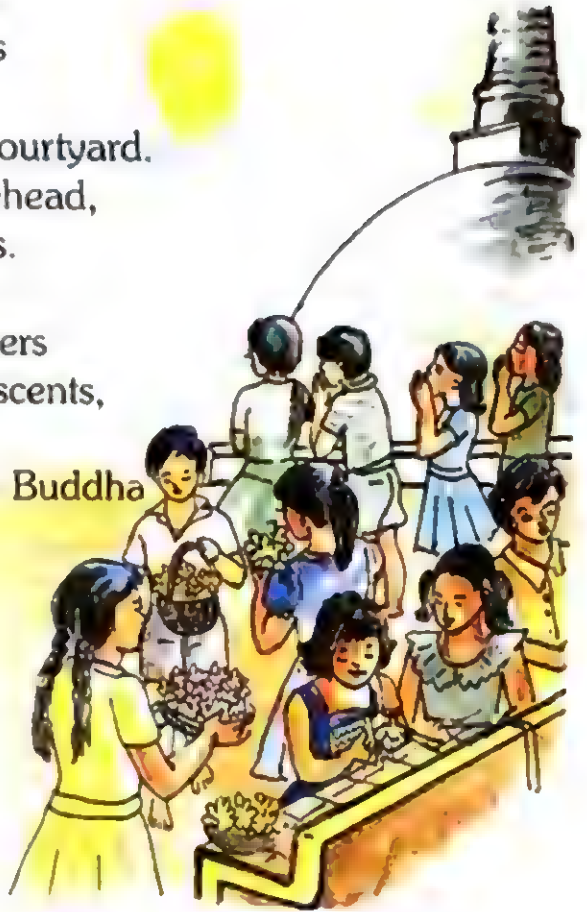
Reciting poems, we honoured the stupa, walking round it with our  
right shoulders pointed towards it.

Sadhu! Sādhuh!! We worship the Buddha-Gem  
Sadhu! Sādhuh!! We worship the Dhamma-Gem  
Sadhu! Sādhuh!! We worship the Sangha-Gem  
Sadhu! Sādhuh!! We worship the Stupa

With both hands we placed the  
flower trays on the flower-altars

We sat properly on the stupa courtyard.  
Placing both hands on the forehead,  
we worshipped, offered flowers.

These beautiful clusters of flowers  
of many colours and pleasant scents,  
in front of this sacred stupa  
we offer to the Great Sage, the Buddha  
Sadhu! Sadhu!! Sadhu!!!



## LESSON 17

### The Vesak Festival

On the Vesak Full moon day  
cries of "Sadhu"  
and the ringing of bells  
are heard in the temple.

Sweet smelling flowers blossom.  
At night the moon shines and it is very beautiful.  
In every house Vesak lanterns are lit.

It was on a Vesak Full moon Day  
that Prince Siddhattha, the Bodhisatta was born,  
that he attained the Buddhahood, and  
the Buddha attained Parinibbana.

On the Vesak Day  
we shall make lanterns,  
go to the temple and  
observed "sil".



## LESSON 18

### The Sinhala New Year

For the Sinhala New Year  
we wear new clothes;  
we celebrate and  
we all enjoy.

Taking oil and flowers we go to the temple.  
Offering beetle we worship and  
show respect to the monk.

In the New Year relatives visit us.  
We treat them with milk-rice,  
sweet-meat and other tasty food.

Offering betel,  
we worship and show respect to parents,  
the father anoint our head with oil,  
and invokes blessings on us  
wishing us good health.





*Excercise :*

Making us worships the elders,  
uniting the hearts of one and all,  
bringing happiness to little kids like us  
the Sinhala New Year has come.



## LESSON 19

### We shall be Good Buddhist Children

Just as human beings,  
animals also desire to live.  
We, therefore, should resolve  
to protect the life of all living beings.

What belongs to us is valuable to us,  
to the others also what they own is precious.  
We, therefore, should resolve  
to protect what belongs to others.

We never do like  
when others deceive us by lying.  
We, therefore, should resolve  
to speak only what is true.

Even though morning and evening we observe the five precepts,  
it is wrong to breach any of those five.  
We, therefore, should resolve from childhood,  
to do what truly is good.



## LESSON 20

### We shall Speak Good Words

Never will  
I intentionally lie,  
nor will I say any such thing  
that will divide  
those who live happy and united

Always will I  
speak such words  
that will unite  
those who live divided.

Never will I speak  
any words that are bad,  
that will hurt others minds.

Always I'll speak  
words that are good,  
pleasing the ear  
and soothing the mind .  
Never will I speak  
nonsensical words  
spoken here and there.



Always I'll speak  
words that are good  
beneficial to those who hear  
and to those who speak as well.  
Never will I speak  
lies or slanderous words,  
nor will I ever  
speak empty words.  
Always I'll speak  
only good words  
that will bring  
prosperity and happiness to me.



## LESSON 21

### We shall Learn Well

Suranga, Sujeeva,  
Devika and Dhammika  
all four of them  
are good friends.

They very willingly  
went to school daily  
and learnt very well  
what the teacher tells.



They wrote beautifully  
the figures and letters  
the teacher taught them  
to write so well.

Without any fear  
they always volunteered  
to dance and sing  
to run and jump.

On every Sunday,  
happily together,  
they went to Dhamma school.

Never they failed  
to take a tray of flowers.

Obeying not only the monk  
but also the lady teacher  
and the master of the  
Dhamma School as well  
they keenly followed  
all rites and ritual well.

At the Dhamma School children's society  
all four of them  
willingly came forward  
to tell others  
the religious stories  
they learnt so well.

The stanzas, Dhamma poems  
and devotional songs to the Buddha,  
they beautifully sang them all.

All home work  
given at school  
and the Dhamma School as well,  
always they did without fail.

As they studied well,  
beginning from Grade I,  
all four of them found  
the scholarship examination to be easy.

Suranga, Sujeeva, Devika and Dhammika  
are the four students who  
passed the scholarship examination  
extremely well.  
They were all happy.

Their parents and the master  
as well as their teacher  
were also very happy.  
The Venerable monk in the Dhamma School  
was also happy.  
All four of them received prizes.

I, also, shall study well  
I shall be a good Buddhist child.

## LESSON 22

### We shall Worship The Three Shrines

When we go to the temple we first  
worship the stupa.

Second, we worship the bodhi-tree.

Third, we worship the Buddha image.

#### *Exercise :*

We worship with reverence  
the stupa, bodhi-tree and the Buddha-image  
the three noble shrines  
well established everywhere.

“Vandāmi cetiyam sabbam  
sabbathāne supatitthitam  
sāririka dhātu mahā bodhim  
buddharūpam sakalam sadā.”





## LESSON 23

### Good Practices

Before meals and after meals  
we wash our hand and mouth;  
and before going to bed  
we wash our face well,  
in these good practices  
we always train.

When one is taking meals,  
it's not nice to lick the hand.  
When one is drinking water,  
no 'Suru-suru' sound he should make.



## LESSON 24

### Good Habits

I shall not cast hints  
nor shall utter rough and foul words;  
shall not speak empty words,  
shall always speak what befits.

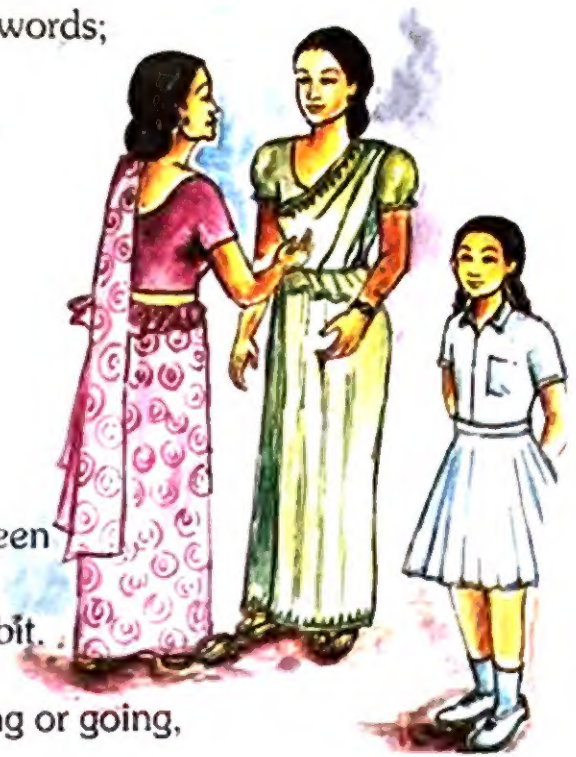
One should always think:  
biting one's hair,  
spitting wherever one is,  
and biting one's nails  
are all ugly habits.

When two are talking  
it's not proper to walk in between  
It is good to live  
knowing that this is a good habit.

When someone is either coming or going,  
never do laugh at him.  
If one visits your home  
do not hide yourself,  
and then, peep at him.

*Exercise :*

Learn by heart the above.



## LESSON 25

### We shall offer flowers to the Buddha

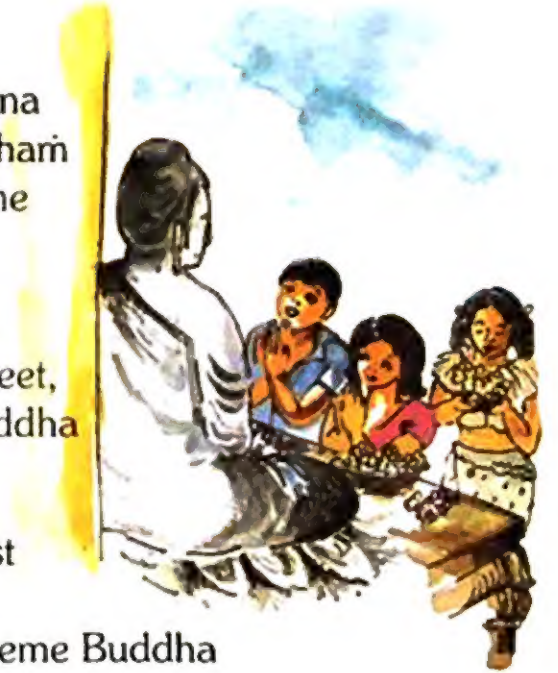
“Vaṇṇa gandha guṇopetaṃ  
etaṃ kusuma santatiṃ  
pūjayāmi munindassa  
siri pāda saroruhe”

“Pujēmi Buddhāṃ kusumenanena  
puññēna metena labhāmi mokkhaṃ  
pupphaṃ milāyāti yathā idaṃ me  
kāyo tathā yāti vināsabhāvaṃ”

“This cluster of beautiful flowers  
of many colours and smell so sweet,  
I offer to the Great Sage, the Buddha  
placing them at his lotus-feet”

“With my whole heart full of trust  
and filled with devotion deep,  
offering these flowers to the supreme Buddha  
I wish for Nibbanic Bliss”

“With the merit obtained through this offer  
I shall obtain final release  
just as this flower withers away  
my body also will perish.”



# Musical Notations

## Song 1



Western musical notation prepared by Dulip Gabadamudali



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